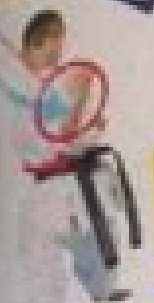


上から相手の攻撃を

ここがPoint
 上から下へ、相手の足背側を蹴るとすばやく受け返すことができます。



3



2



1

相手の顔に蹴り出す。

相手の顔に蹴り出す。



一歩引いて相手の顔に蹴り出す。蹴り出す時は、足先で蹴るのではなく、足の甲で蹴る。



相手の顔に蹴り出す。

正中线を守る

相手の攻撃は、正中线を守るべきです。そこから逃げてはダメです。パンチが来たら、腕でガードして、足で蹴ります。手は肘でガードし、足は蹴る方がベストです。

正しい姿勢で受けている。

正中线より逃がしている。



悪い例

受け手が体の真ん中を守る。



悪い例

受け手が大きく入り過ぎ、バランスが崩れている。



受けはタイミング

受け技は全て相手の攻撃のタイミングに合わせて行います。つまり、受け技は相手の攻撃を待つ受け身ではなく、積極的に攻めていく意識で受けに行くことが必要なのです。

受けのタイミングが悪い。

受けのタイミングと角度がずれて、足を押し込まれる。



3

肘を伸ばす。

受けと同時に重心をあげる。



自分の手をしっかりと内側にさせる。



2



一歩引いて相手の顔に蹴り出す。蹴り出す時は、足先で蹴るのではなく、足の甲で蹴る。



1



相手の顔に蹴り出す。

Karate Training Manual

Ashley Martin



Karate Training Manual:

Training Manual for Isshin Ryu Karate Martial Arts with Sensei Bryan, 2004 Martial arts book dedicated to the study of Isshin Ryu Karate This book contains all the information to obtain a 4th degree black belt This is the only book of its kind There isn't another book on the market that gives you all the information in an easy to read format This is a must for all students of Isshin Ryu Karate

Shorin Ryu Karate Training Manual George Alexander, 2014-05-19 This is the official training manual of the International Shorin Ryu Karate Federation It encompasses the history and techniques of the system from beginner to master levels It includes illustrated techniques and katas for the entire system as well as ranking qualifications for promotion within the system Written by top master Hanshi George W Alexander this is a must have for every student and instructor of Shorin Ryu Karate

Shaolin Kempo Karate Training Manual & Techniques White to Black Belt Farid Tabrizy, 2019-03-28 This book contains all the required techniques drills and stances throughout the belt ranks of Shaolin Kempo Karate from white to black belt Additionally descriptions are provided of self defense techniques katas and pinions

The Complete Martial Arts Training Manual Ashley Martin, Ashley P. Martin, 2010-05-10 The Complete Martial Arts Training Manual is a book DVD combo designed for anyone who has an interest in the martial arts Having a broad knowledge of the various techniques of the martial arts gives a martial artist an expanded ability to counteract a variety of attacks and overwhelm an opponent's defenses In expanding his own martial arts knowledge Martin shares with the reader his years of experience as a practitioner and teacher He provides a catalog of the various martial arts being taught worldwide and their strengths and weaknesses He then covers the basics of hand to hand techniques within each of those disciplines from strikes to ground fighting Finally he offers information on the overall health and well being of the martial artist including important nutritional information and stretching techniques With an instructional DVD included The Complete Martial Arts Training Manual is a solid foundation of martial arts for beginners and a key supplement for the veteran martial artist Chapters include Learning the Aspects of Fighting an introduction The Way of the Warrior definition of a martial art limitations of ground fighting a complete martial artist A Catalog of Martial Arts Kung fu Jujutsu or jiu-jitsu Aikido Judo Karate Kickboxing Taekwondo Boxing Wrestling and more Combat Basics fighting ranges reflex training basic combat techniques Hand and Elbow Strikes jabbing punch hook punch uppercut superman punch and more Defenses slip duck block two handed defense Foot and Knee Strikes front kick roundhouse tornado kick flying knee strike Break Falling front break fall back break fall side break fall front rolling break fall break falling myths Takedowns hip throw shoulder throw side sacrifice throw the sprawl Locks and Choke Holds arm lock Americana rear naked choke cross choke Ground Fighting shoulder hold chest hold guard passing the guard Stretching for the Martial Artist leg flexibility arm flexibility Nutrition for the Martial Artist food pyramid pre exercise nourishment reducing body fat weight gain program

Complete Martial Arts Training Manual Ashley Martin, 2012-04-16 The Complete Martial Arts Training Manual is a complete guide for anyone who

has an interest in the martial arts Having a broad knowledge of the various techniques of the martial arts gives a martial artist an expanded ability to counteract a variety of attacks and overwhelm an opponent's defenses Author Ashley Martin shares with the reader his years of experience as a practitioner and teacher He provides a catalog of the various martial arts being taught worldwide and their strengths and weaknesses He then covers the basics of hand to hand techniques within each of those disciplines from strikes to ground fighting Finally he offers information on the overall health and well being of the martial artist including important nutritional information and stretching techniques The Complete Martial Arts Training Manual is a solid foundation of martial arts for beginners and a key supplement for the veteran martial artist *Karate Training, Competition* Patrick M. Hickey, George Edward Anderson, 1993 [Karate](#) Luis Brown, 2022-10-18 Do You Want to Teach Karate Karate is a form of self defense that is typically made up of punching kicking and blocking Studies have shown that teaching kids this form of martial art can benefit them in many ways Increased sense of self esteem self discipline self defense and forming important sports habits that will stick with them for many years to come Inside Karate one will discover everything that is needed to teach a wide range of karate techniques Topics covered include the best way to select a great class for your Self how they can develop strength and endurance You will learn in this Guide What is Karate Where was Karate invented and who invented it How fit do I need to be to start training What do you do in a typical Karate class What should I wear to train in What is karate training like How quickly can I get a black belt The book will contain some very interesting information about such things as what one actually needs to make it to Black Belt including the original written tests This was the first time this type of martial arts information had ever been published in context with an actual system Download Your Copy Right Now Before It's Too Late Just Scroll to the top of the page and select the Buy Button [Tae Ryu Do](#) Stephen M. McCall, 2009-10-01 Karate student training manual for the mixed Martial Art of Tae Ryu Do Includes information for students from beginners up to Black Belt [The Advanced Karate Manual](#) Vince Morris, Aidan Trimble, 2014-09-29 The Advanced Karate Manual is designed as a companion volume to Karate Do Manual Written for those who have already achieved proficiency in the sport the book aims to help the reader attain the increasingly high standards of speed strength and skill required for modern karate competition The book also looks at advances in training methods and provides a catalogue of exercises and sequences which can be practised with or without a partner Other sections cover the psychological aspects of training the use of equipment the execution of advanced techniques and the nature and role of the karate coach Vince Morris is a winning karate competitor referee and administrator He established the English Karate Federation and has been the Chairman of the Martial Arts Commission Aidan Trimble while in the Shotokan Karate International was three times British Champion twice European Team Champion first World Individual Kumite Champion and winner of several other titles *The Complete Idiot's Guide to Karate* Edmond Otis, Randall Hassell, 2000-07-09 Learn all about the art of karate with The Complete Idiot's Guide to Karate including Simple tips for mastering the ancient Japanese

martial art of karate Behind the scenes looks at tournaments and competitions Down to earth advice on how to strike whether it be with fists or feet The Complete Idiot s Guide to Karate is a witty inspiring and user friendly book this book is not only for beginners it is equally useful for advanced karate students Stan Schmidt Karate Master of the Japan Karate Association JKA Member of the JKA Shihankai World Council of Masters

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